

WASH CARE & STORAGE

Locate the diagonal opening on the black side of the cover and remove inner bag. Wash the outer cover by hand in warm water. Do not use any detergents. Do not wet or wash the inner bag. Leave The Eye Doctor® outer cover to dry flat. Ensure the outer cover is completely dry before reinserting the inner bag.

We recommend you store The Eye Doctor® in the black travel/storage pouch to keep it safe, clean and dry between treatments.

ABOUT THE DESIGNERS

The Body Doctor Ltd is a family run business and winners of the Queen's Award for Enterprise 2016 in the Innovation category. Sue Grant and her two sons, Adam & Sam Wymer created the Body Doctor in 2012. Sue Grant has decades of experience and has won many business awards including being a previous Queen's Award winner. She introduced heatable, grain filled bags into the UK in 1995. Together, the Body Doctor team has extensive knowledge in developing microwavable heating solutions to treat a wide range of ailments.



The developers of the Body Doctor
Left to Right: Sam Wymer, Sue Grant, Adam Wymer.

ABOUT Dr HILARY

Dr Hilary Jones is a GP, TV Presenter, Medical Broadcaster, Author and Public Speaker.

Dr Hilary Jones qualified from the Royal Free Hospital medical school in 1976 spending two years in postgraduate posts at that hospital in general medicine and surgery, oncology, intensive care and accident and emergency.

Subsequently he has worked in a variety of specialities including obstetrics and gynaecology, ophthalmology, health screening and aesthetics.

In 1979 he was the single-handed Doctor on Tristan da Cunha, a British dependency in the South Atlantic and the most isolated inhabited island in the world. Later he was a trouble-shooting medical practitioner in the Shetland Islands working for both the Oil industry and serving the local community in emergencies.

He became a Principal in General Practice and a GP educational trainer in the early 1980's. He also worked as a Senior House Officer in Ophthalmology before entering General Practice assisting in Glaucoma and Cataract extraction procedures and learning the science of refraction. At that time he joined the most successful breakfast TV station in the world, TVAM at Camden Lock. He also became and still remains, a regular columnist for Rupert Murdoch's Sun Newspaper's Fabulous Magazine and he is a Guest Presenter on BBC Radio 2's Steve Wright show – the most listened to radio show in Europe.

Continuing to work as a family GP ever since he has become a well-known, trusted and highly respected medical broadcaster on TV and radio, he contributes to a number of newspapers and magazines and is the author of several books and novels, the latest being 'A Day In Your Life' published by Bantam Press. He is particularly proud that this book has now also recently been published in China.

He is currently the Health Editor at Good Morning Britain and Patron of or Ambassador to a number of his chosen charities including The Meningitis Research Foundation, Get Ahead Charity, Matt Hampson Foundation, The Lauren Currie Twilight Foundation, Northern Lights Charity, The London Air Ambulance Charity, Haydn's Wish, The Stroke Association, Diabetes UK, Breakthrough Breast Cancer and British Heart Foundation.



“ A simple and effective, reusable solution in treating a wide range of eye conditions. ”

Features

- + Reusable
 - + Hygienic removable washable cover
 - + Adjustable comfort strap
 - + Pouch for safe, clean, dry storage
- Your ideal partner for easing eye conditions and irritations

Class 1 Medical Device registered with MHRA
FDA Approved



Innovation with safety in mind...

The Eye Doctor® is filled with BodyBeads®.
It can be heated in the oven or microwave... safely.

- + Non-toxic
- + Non-flammable
- + Safety tested

OTHER PRODUCTS IN OUR RANGE

<p>Cold Eye Compress Cool in the freezer and relax away the symptoms of... Hayfever / Allergies / Inflammation / Swelling Tired / Itchy / Puffy / Sore Eyes Sinus Headaches / Migraine</p>	
<p>Eye Lid Wipes Preservative and Detergent free. Available in 10's / 30's Cooling and Soothing / Gently Cleans Refreshing / Sensitive eye. Completes step 3 of the 3 step process.</p>	
<p>Reusable Instant Heat Mask Travel version of The Eye Doctor® No microwave or oven required. Can be used hot or cold</p>	



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Recommended by
Dr Hilary Jones

Microwave or Oven
HOT EYE COMPRESS
Helps relax away the symptoms of...

- + Dry Eye Disease
- + MGD (Blepharitis)
- + Chalazion (Eyelid Cysts)

and the associated symptoms

- + Grittiness
- + Irritation
- + Sore Eyes

STEP 1 + **STEP 2** of a 3 step process for eyelid hygiene

www.the-body-doctor.com



WHAT IS REQUIRED FOR EYELID HYGIENE

Good quality tears operate best when a thin layer of oil seals the eyelid to the eye, preventing excessive evaporation of the tears. This oil comes from the glands in the eyelids. A major symptom of Dry Eye Disease occurs when these oils thicken from the natural smooth oil to a buttery consistency.

3 STEPS ARE REQUIRED

- STEP 1** Heating of the eyelids externally - do this by using your Eye Doctor® in accordance with the instructions. This will allow the buttery oil to melt and become liquid again.
- STEP 2** Cleansing of some of the melted oil from the glands by following the Eyelid Massage Procedure allowing the glands to produce healthy oil again.
- STEP 3** Cleaning the base of the eyelashes – this reduces the build-up of bacteria which can be responsible for some of the symptoms.



See what Dr Hilary Jones has to say and learn more about the conditions by viewing our video at: www.the-body-doctor.com

INSTRUCTIONS FOR USE

The information contained in this leaflet is intended as general guidance only. It should not be relied upon as a basis for any ophthalmological medical therapy plan. Please read through these instructions carefully. Do not discard these instructions so that you can refer to them as needed before each use.

Your eye specialist or doctor can give you expert medical advice and should be able to give you a guide as to how often to use your Eye Doctor®. If you feel unsure about using The Eye Doctor®, or if symptoms persist or increase, please consult your Optician / Doctor.

If you are a contact lens wearer you MUST remove your lenses prior to using The Eye Doctor®.

HOW OFTEN SHOULD I USE THE EYE DOCTOR®?

Most patients should benefit from applying The Eye Doctor® and performing eyelid massage (refer to Step 2 - Eyelid Massage Procedure) twice a day for two weeks. This can be reduced to once a day and then a couple of times a week as required, once symptoms have been alleviated.

STEP 1 HEATING THE EYE DOCTOR®

The Eye Doctor® MUST only be heated from room temperature. For best results we recommend that you heat in the microwave. Alternatively The Eye Doctor® can be heated in the oven. To distribute heat effectively and to prevent hot spots, shake The Eye Doctor® immediately after heating and before use to ensure even distribution of the BodyBeads® inside the mask.

MICROWAVE HEATING INSTRUCTIONS

Locate the diagonal opening on the black side of the cover and remove inner bag. Lay the inner bag flat in a clean microwavable dish. If you prefer, the product can also be microwaved with the cover on. Do not place directly onto a grill stand.

Rating	0 to 850W	Maximum time	30 Seconds
Rating	851W to 1000W	Maximum time	15 Seconds
(Based on a microwave with a turntable and on full power)			

These heating instructions are also shown on the inner bag of The Eye Doctor®.

OVEN HEATING INSTRUCTIONS

Remove the outer cover and lay the inner bag flat in an ovenproof dish. Heat in a preheated oven at 150°C (140°C for fan assisted ovens) or Gas Mark 2, for 7-10 minutes. (Adjust the time depending upon the efficiency of your oven).

Always check the temperature of The Eye Doctor® before putting it on your eyes by touching the heated mask to the inside of your wrist. If you feel it is too hot, wait 1 to 2 minutes to cool. Once again apply to the inside of your wrist to check the temperature before applying The Eye Doctor® to closed eyes. The black side will be cooler than the blue side. Fasten the strap around your head and adjust for personal comfort. Sit back and relax for 7 to 10 minutes.

The inner bag may become slightly moist after heating. In the event of overheating, place The Eye Doctor® on a heat resistant surface and allow to return to room temperature. This product can cause burns if overheated. Always allow The Eye Doctor® to return to room temperature before reheating to prevent progressive overheating. This is to prevent The Eye Doctor® becoming damaged and/or too hot to use. Never exceed heating times.

The Eye Doctor® can be reused as per instructions multiple times. Over time the heat retention properties will diminish. When the heat is no longer retained effectively replace your Eye Doctor®. Inspect The Eye Doctor® at regular intervals and discard if found to be worn, damaged or if it has been repeatedly overheated.

Keep out of reach of children.

Do not use on broken or bleeding skin. For hygiene reasons the product is designed for individual use only. Never share your Eye Doctor®. Do not ingest contents. The Eye Doctor® may contain latex rubber. This product should be disposed of through normal household waste.

STEP 2 EYELID MASSAGE PROCEDURE

The objective of this procedure is to cleanse the melted oil from the glands in the eyelid.

It is important to massage correctly in order to remove secretions which have been softened by the heat of The Eye Doctor®.

With your eyes closed, massage the eyelids along the edges as described below. We recommend you use our detergent & preservative free Eyelid Wipe or alternatively use a clean finger or clean tissue and apply firm pressure.

- Always massage with your eyes closed.
- Pressure should be gentle but firm and massaging should not feel uncomfortable.
- Always use the pad of your index or middle finger to massage the edges of the eyelid.
- To avoid irritation do not over massage. 3-4 times along each eyelid should be sufficient at each session.
- After treatment you may experience some blurring in your vision. The blurriness will clear within a few minutes. If it does not clear within an hour, consult your doctor.

For the upper eyelid:

Slide your finger in a downward fashion. This is to apply pressure from the eyebrow downwards to the eyelashes of the upper lid.

For the lower eyelid:

Slide your finger upwards towards the eyelashes of your lower lid.

STEP 3 CLEANSING

Wipe away any secretions using a specially formulated eyelid wipe or clean tissue.

RESEARCH

Mori et al showed that when the researchers had patients apply a hot compress to their eyelids for 5 minutes once a day for 2 weeks, they had fewer symptoms associated with Dry Eye Disease and their tears did not break down so rapidly.

A comprehensive report (Nichols, K.K, 2011) observed that there is almost unanimous support among international experts and clinicians for such a process. Patients should be instructed in using hot compresses, clearing the lubricating Meibomian glands along the eyelid edge of residue build-up and cleaning the lashes. Continued use is advised to maintain long-term control of symptoms. Lid hygiene is widely considered an effective mainstream therapy for Meibomian Gland Dysfunction and Anterior Blepharitis.

References:

- 1) Mori A, Shimazaki J, Shimmura S, Fujishima H, Oguchi Y, Tsubota K. Disposable eyelidwarming device for the treatment of meibomian gland dysfunction. Jpn J Ophthalmol. 2003;47:578-586.
- 2) Nichols, K.K, 2011 doi: 10.1167/iavs.10-6997gInvest. Ophth-almol. Vis. Sci.March 30, 2011 vol. 52 no. 42050-2064.